

COMMUNITY AND PROFESSIONAL EDUCATION

A Catalog of Professional Development and Personal Growth Classes

Fresh Summer Learning

100+ courses,
workshops
and classes
this summer...

REGISTRATION BEGINS MAY 2

SUMMER 2018
www.hvcc.edu/communityed



Be bold. Be a Viking.

2018 KIDSON CAMPUS SUMMER PROGRAMS

Hudson
Valley
Community
College

REGISTER
TODAY!

SUMMER ACADEMY

July 9 - August 17
morning and afternoon programs

ATHLETICS

July 9 - August 3

CIRCUS THEATRICKS

July 23 - August 17
four sessions

THEATER WORKSHOP

June 25 - July 6

TECHNOLOGY ENRICHMENT PROGRAM

July 9 - 13 for middle school students
at Bethlehem Middle School

July 23 - 27 for high school students
at TEC-SMART (Malta)

August 6 - 10 for middle school students
at TEC-SMART (Malta)

OFFICE OF COMMUNITY AND
PROFESSIONAL EDUCATION

(518) 629-7339
communityed@hvcc.edu
www.hvcc.edu/kidscamps



Whether it's finding a new hobby, a new fitness routine or a pathway to a new career, now is the time to start reaching your goals! Dive inside to discover a course or workshop that can enrich your life personally or professionally.

Our dedicated staff is ready to help you with the registration process or you can access the online registration 24 hours a day at www.hvcc.edu/communityed/register.html.

REGISTRATION BEGINS MAY 2

**THE OFFICE OF COMMUNITY
and PROFESSIONAL EDUCATION**
Hudson Valley Community College

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Hudson Valley Community College does not discriminate on the basis of age, gender, race or ethnicity, national origin, religion, disabling condition, marital status or sexual orientation. If you have a disability and require any reasonable accommodations, or an interpreter, please contact the Center for Access and Assistive Technology at (518) 629-7154 or TDD (518) 629-7596.



The State University
of New York

A State University of New York college
Sponsored by Rensselaer County



Tobacco-free college



Be bold. Be a Viking.

**For information, call us
at (518) 629-7339**

Fax: (518) 629-8103

email: communityed@hvcc.edu // Web: www.hvcc.edu/communityed

Registration form and information about: • Professional CEUs • Parking
• Refunds/Cancellations are available at the back of this course catalog.

Guenther Enrollment
Services Center,
Room 252

Sewing 101

In this class, you will learn the basics of sewing, including the differences between threads and fabrics, and more. The instructor will also teach you anything you want to know about your sewing machine. Even if you have sewn before, you will still learn something from this class. You will also make a super-simple tote bag in the class. You must bring your own machine. Please see the materials list posted at www.hvcc.edu/communityed/courseinfo/71018 \$55

4 Sessions, DCC B05

Mon., 6/4 - 7/2, 6 - 8 p.m.

No class 6/11

Fatima Bey, Instructor

Expressive Typography

Is it possible to fall in love with letter-type and the thousands of fonts that exist? Absolutely! Graphic designers and advertising agencies are constantly developing new ways to express ideas using fonts. Come be creative and work with lettering to design a mixed media piece incorporating design with letter-font.

Choose to create a quote, statement or monogram on illustration board using a variety of media. Hang your piece in your office, at your desk, or in your living room. Come join in on this adventure! Course fee includes \$15 materials fee.

71126 \$59

4 Sessions, DCC B05

Wed., 5/30 - 6/20, 6 - 8 p.m.

Amy Bailey, Instructor

Collagraph Creation

What's a collagraph, you ask? We'll be using various hand tools and printing on a variety of papers to create a print collage, made by combining materials, papers and individual prints. A variety of techniques and approaches will be demonstrated and discussed for use in creating collagraphs you can easily take to the next level. Course fee includes \$10 materials fee.

71165 \$29

1 Session, DCC B05

Sat., 6/9, 10 a.m. - 2 p.m.

Amy Bailey, Instructor



DIY Wood Sign

Ever see those amazing wood signs on Pinterest and wish you could make one? Join Kelly of Shea Crafts for a fun and exciting class on making your very own wood sign! You will start with a bare piece of wood and then pick the stain color (4 to choose from) or paint color (16 to choose from).

Kelly will then walk you through the creation of your very own sign! You will be making a 12x24 HOME sign with the "O" replaced by a twine wreath. Students must withdraw by seven business days before class to receive a full refund.

71135 \$65

1 Session, DCC B06

Wed., 6/13, 6:30 - 9:30 p.m.

71136 \$65

1 Session, DCC B05

Wed., 7/18, 6:30 - 9:30 p.m.

Kelly Shea, Instructor

Glass Etching

Have you ever wanted to learn how to personalize your glassware? Together, we will learn how to etch words on glass surfaces. We will practice on glasses and mason jars that you can take home that day. After this class, you won't have to pay for expensive personalized glassware because you will have the skill to do it yourself. Class fee includes \$10 materials fee.

71134 \$25

1 Session, DCC B05

Sat., 6/16, Noon - 2 p.m.

Alexandra Omecinsky, Instructor

Introduction to Interior Design

ONLINE

Are you a creative person with an eye for design? If so, this course will show you how to transform plain living spaces into beautiful and functional rooms.

Interior design takes training as well as talent, and this online course will give you the know-how to design a room from floor to ceiling. You'll delve into color theory, industry trends, spatial arrangements, floor plans, traditional and modern interior design ideas, and other basics. In addition, you'll explore a range of careers in interior design and get insider tips for entering this exciting field. Because interior design is constantly evolving, you'll also learn about some of the latest trends affecting the industry. You'll investigate "green" sustainable design, and you'll find out how to modify your designs for people with special needs. As you master design skills step-by-step, you'll complete your first project: a fully developed room design complete with spatial layout, lighting and finish selections. Your new knowledge and hands-on practice will give you the confidence you need to start creating beautiful residential interiors for yourself and others. This course is taught online through Ed2go. You will receive your username and password via email within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc.

71054 \$115

Online Course Dates: 6/13 - 8/3

Weaving Your Personal History

Do you love capturing family history; relatives, vacations, reunions? How about those times of simply gathering together? Join us to create a bordered weaving using photographs, pieces of materials and ribbons. We will be weaving photographs alone or with other materials to design a documentation of your favorite piece of family history. Bring your own photos or memorabilia to integrate into a woven background. Course fee includes \$10 materials fee.

71164 \$69

4 Sessions, DCC B05

Tues., 6/5 - 6/26, 6 - 8:30 p.m.

Amy Bailey, Instructor

DO YOU HAVE A GREAT IDEA FOR A COURSE?



Contact our office
at (518) 629-7339



www.hvcc.edu/communityed/apply.html

For additional off-campus art classes, please see page 5.

Notary Public Review Workshop - Prepare for the NYS Exam

This workshop prepares you for the New York State Notary Public test and will provide you with a comprehensive view of the notary public's role.

Confusing laws, concepts and procedures will be clearly explained and clarified. Examples will be provided to illuminate situations that a notary public office is likely to encounter. Topics include avoiding conflicts of interest, maintaining professional ethics, charging proper fees, handling special situations, when to defer to an attorney and minimizing legal liability.

This workshop is a must for candidates who want to become fully aware of the authority, duties and responsibilities involved of the notary. All materials will be provided, including website information, booklets and forms. Also featured is an 80-question practice exam that attempts to emulate the actual New York State mandatory exam. Course fee includes an \$8 materials fee.

71019 \$45

1 Session, ADM 101

Tues., 7/31, 5 - 9 p.m.

Victor Bujanow, Instructor

Stocks, Bonds, and Investing: Oh, My!

Are you looking for a solid class in the basics of stocks, bonds, finance and investing? Haven't the slightest clue how to prepare for retirement, pay for college, or even manage your personal finances? Wish you had some guidance to put your finances into perspective? And do you wish you could do it all without having to pay a broker or financial advisor? Well, look no further. The class you need is right here!

This class takes you through the fundamentals of investing and not only teaches you about the stock markets, 401k plans and retirement, but will address personal financial issues that are often ignored. This course is taught online through Ed2go. You will receive your username and password via email within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc.

71045 \$115

Online Course Dates: 6/13 - 8/3



Save Money with Extreme Couponing!

Learn how to save money every day with extreme couponing. Coupons are not just for groceries. The savings can add up to hundreds or even thousands of dollars every year. This comprehensive workshop will teach you:

- where to find all different types of coupons, even for high-ticket items
- how to find the best coupon apps and websites
- how to match coupons with sales for maximum savings
- how to find other people to trade coupons and merchandise with

Feel free to bring your coupons to class for a trading session. This workshop is taught by someone who has used many couponing secrets to save thousands. Course fee includes \$10 materials fee.

60978 \$29

1 Session, ADM 102

Tues., 5/8, 4 - 5 p.m.

Leeanne Krusemark, Instructor

How to Earn Extra Money with a Mystery Shopping Business

Have you ever wanted to become a secret mystery shopper? Have you seen ads telling you how to become a shopper, but only if you send them a lot of money? You do not have to pay to begin your new career in this exciting field. You will learn how to start your business endeavor (participants must also attend Explore 250 Legitimate Home-Based Business Ideas) and you will learn how to:

- sign up with many legitimate mystery shopping companies without fees
- avoid the pitfalls and scams
- create a required mystery shopping resume and profile
- take care of legalities and taxes regarding this income
- become a merchandiser too for extra money

With a few simple steps, you can start mystery shopping today! Course fee includes \$10 materials fee. Students will receive a list of 25 legitimate companies you can apply to.

60060 \$29

1 Session, ADM 102

Tues., 5/8, 5 - 6 p.m.

Leeanne Krusemark, Instructor

Make Money with a Virtual Assistant/Word Processing Business

If you can type, then you can make money at home using your computer. Having already learned all about home-based business success (participants must attend "Explore 250 Legitimate Home-Based Business Ideas"), you will then discover:

- how and where to find clients
- 50 ways to advertise/market your services
- effective home office equipment choices
- 100 ways to make money with a computer
- FREE national networking information

There really is a need for your services, so learn to be your own boss, set your own hours, and make more money. Course fee includes \$10 materials fee.

60980 \$29

1 Session, ADM 102

Tues., 5/8, 8 - 9 p.m.

Leeanne Krusemark, Instructor

Explore 250 Legitimate Home-Based Business Ideas

Tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits by starting a home business. Taught by a former chamber of commerce president and award-winning business owner, this is probably the most comprehensive business startup workshop you will ever find. You will discover:

- more than 250 legitimate home business ideas
- mandatory legal documentation
- many ways to market your product/service
- how to take tax deductions (this workshop included!)

If you really want to succeed in a home business, this step-by-step session is a must! Course fee includes \$20 materials fee.

60979 \$55

1 Session, ADM 102

Tues., 5/8, 6 - 8 p.m.

Leeanne Krusemark, Instructor

Course descriptions are subject to change without notice.

Center for Creative Retirement

Please note: several of these trips and tours includes a materials fee for admission and/or meals. This fee is non-refundable five business days prior to the start of the course. Directions and additional information about off-campus tours and trips are posted at www.hvcc.edu/community/courseinfo



Know the 10 Signs: Early Detection Matters

The warning signs of Alzheimer's disease are often dismissed as inevitable parts of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection is the key to improving quality of life for anyone affected by memory impairment. Attend this interactive workshop to learn the 10 warning signs of Alzheimer's disease, where we separate myth from reality and address commonly-held fears about Alzheimer's and dementia. Hear from people who have the disease and find out how to recognize the signs in yourself and others.

71127 \$12

1 Session, WIL 113

Tues., 6/12, 9:30 - 11 a.m.

Alzheimer's Association, Instructors

NYC Bus Trip

The bus will leave the Yankee Trails bus depot in Rensselaer at 6:30 a.m. and the Crossgates Commons parking lot (behind Wal-Mart) at 7 a.m. for New York City. The bus will drop you off and pick you up from the Bryant Park area in Manhattan, leaving New York City at 7 p.m. The outing is for the bus trip only. Arrangements for the day will be left open for you to do whatever you please. A small donation will be collected on the bus for driver gratuity. Course fee includes a \$29 materials fee.

70947 \$40

Wed., 6/13, 6:30 a.m. Departure

Joyce Fiering, Coordinator

CULINARY ADVENTURES

Historic Downtown Albany Food Tour

Put on your walking shoes for an entertaining and delicious way to experience Albany. New York's capital city is undergoing a culinary and craft brewing boom. You'll sip and sample from restaurants that are spicing up Albany's food scene and discover stunning architecture and cultural tidbits that will help you develop a fresh perspective the city. Each Friday, we sprinkle in history, architecture and culture to kick off your weekend in the Capital District. Food tours help tell the story of a city in a delicious way; they're about tasting local foods and getting exposure to the entrepreneurs who are bringing creativity to their city.

This leisurely three-hour, 1.5-mile walk includes plenty of refreshing stops, including six different food and beverage tastings, so it's suited for most ages and fitness levels. Wear comfortable walking shoes and come hungry – by the end of the tour you will have eaten a complete lunch.

Please contact the course coordinator, Amy Koren-Roth, at info@tasteoftroy-foodtour.com at least seven business days before your tour if you have any dietary restrictions or do not drink alcohol. Course fee includes \$54 materials fee.

71121 \$65

1 Session, 25 Quakenbush Square

Fri., 6/1, 12:45 p.m. - 4 p.m.

Amy Koren-Roth of Taste of Troy Food Tours, Coordinator

Central Troy Historic District Food Tour

This leisurely three-hour, 1.5-mile walk includes plenty of refreshing stops (five different food/beverage tastings), so it's suited for most ages and fitness levels. Experience the vibrant culinary scene that surrounds Troy's amazing farmer's market. This tour ends in time for you to shop the market and meet the local farmers and vendors.

Put on your walking shoes for an entertaining and delicious way to learn about Troy and the role food is playing in bringing the city back to life. We will sprinkle in history, architecture and culture to round out your perfect Saturday in the Collar City. Food tours help tell the story of the city in a delicious way; they're about tasting local foods and getting exposure to the entrepreneurs who are bringing creativity to their city. Wear comfortable walking shoes, come hungry - by the end you will have eaten a complete brunch/lunch.

Please contact the course coordinator, Amy Koren-Roth, at info@tasteoftroy-foodtour.com at least seven business days before your tour if you have any dietary restrictions or do not drink alcohol. Course fee includes \$44 materials fee.

71016 \$55

1 Session, 275 River Street, Troy

Sat., 6/2, 9:45 a.m. - 1 p.m.

Amy Koren-Roth of Taste of Troy Food Tours, Coordinator

DON'T WAIT TOO LONG!

Each class has a minimum required enrollment. If you find a course that you would like to take, encourage a friend to join you. Sometimes one or two people make the difference between "go" or "cancel." Many of our courses fill early. Don't be disappointed because you waited until the last minute.

REGISTER TODAY!

Root for the Home Team: Tour "The Joe"

Our very own Tri-City Valley Cats are the proud Class A affiliates of the Houston Astros. The Astros are the 2017 World Series champions and 12 former "Cats" participated in Houston's memorable 2017 season. On June 15, 2018 the ValleyCats kick off a new season at the Joseph L. Bruno Stadium as the next round of future stars begin their journey to the big leagues.

Get ready for baseball by touring the stadium. Take a look at their great facilities, hear what's new for the coming year and get a look at the batting cage and locker room.

70816 \$12

1 Session, Joe Bruno Stadium

Wed., 6/6, 10 a.m. - noon

Jean Chenette, Coordinator

Cruise on the Hudson and Champlain Canal with Mohawk Maiden Cruises

Climb aboard the M/V Caldwell Belle, the only authentic chain-driven stern-wheel paddle boat on the Champlain Canal, for a tour filled with the rich history of the canal and Hudson River accompanied with historic narration and beautiful scenery throughout.

Our tour will start south through Lock C5, one of the deepest on the Champlain Canal, to the Saratoga National Historical Park in Stillwater (the site of the turning point of the American Revolution). From the boat you can view the war cannons on Bemis Heights. We will also cruise past the waterfalls in Northumberland and view the cascades at Fort Miller.

Experience an afternoon of nature watching, education and plain relaxation! Be sure to bring your binoculars and a thirst for nature and history. Wear sneakers or appropriate footwear for walking safely on the boat. Caldwell Belle has an enclosed climate controlled bottom deck with tables, chairs and a small snack bar for those who wish to enjoy the sights away from the elements. Following our cruise, we will have a one-hour tour of the Hudson Crossing Park. Course fee includes \$23 materials fee.

71120 \$35

1 Session, meeting at

The Mohawk Maiden Cruises dock

Boarding begins at 12:40 p.m.

Mon., 6/11, 1 - 4:30 p.m.

Lea Darling, Coordinator

Art Appreciation Tour of a Victorian Era Cemetery and Lunch

Have you ever wondered why old cemeteries look the way they do? Perhaps you have pondered the meaning of gravestone carvings and styles. Do you know why we see monuments that look like ancient buildings or ruins? What can we learn from touring an old cemetery? We can learn plenty!

Join cemetery historian Kelly Grimaldi for a combination walking/driving tour of St. Agnes Cemetery and parts of Albany Rural Cemetery for a fun way to learn about monuments and symbolism as they relate to the study of art history. We will drive up to chosen areas and walk short distances to view magnificent works of funerary art in a peaceful, beautiful setting. Together we will explore sacred grounds in a leisurely manner. After the tour and a short break to refresh ourselves in the visitors center, we will gather high upon Founders Hill, overlooking the Hudson River valley, and enjoy a delicious catered lunch while comfortably seated at tables.

Meet your tour guide in the visitors center located in Historic St. Agnes Cemetery, 48 Cemetery Avenue, Menands at 10 a.m. for a fun and informational morning. Feel free to call (518) 350-7679 for more information. Course fee includes \$15 materials fee.

71133 \$25

1 Session, St. Agnes Cemetery

Tues., 6/12, 10 a.m. - noon

Lunch at 12:15

Kelly Grimaldi, Instructor

Gravestone Restoration Workshop

Join nationally recognized cemetery restoration expert Joe Ferrannini, owner of Grave Stone Matters, for a fascinating day learning to make repairs to old marble gravestones in the oldest section of St. Patrick's Cemetery in Watervliet. All materials to clean and repair stones will be provided. This relaxing and informative workshop is hands-on. Dress to get dirty in an old graveyard full of 19th century stones in need of cleaning and repair. Bring lunch, work gloves and a kneeling pad or folding chair if needed. Cold bottled water and soda will be provided. Course fee includes \$45 materials fee.

70965 \$55

1 Session, St. Patricks' Cemetery

Sat., 5/19, 10 a.m. - 3 p.m.

Kelly Grimaldi, Coordinator

Joe Ferrannini, Instructor



A Walk Through Time: Cool Facts about Grand Old Cemeteries

If you love old cemeteries and find them very interesting places to visit, this talk is for you. Cemetery historian and author of "These Sacred Grounds," Kelly Grimaldi, offers a presentation discussing the Rural Cemetery Movement featuring Historic St. Agnes Cemetery founded in 1867 and neighboring Albany Rural Cemetery incorporated in 1841. We will learn why rural cemeteries were founded, what early gravestones looked like and how funerary art and symbolism changed through the Victorian Era into the 20th century. Loaded with interesting photographs of gravestones and mausoleums, this PowerPoint presentation offers a lot of insight into why rural cemeteries look the way they do! Course fee includes \$5 materials fee.

71180 \$15

1 Session, St. Agnes Cemetery

Fri., 6/1, 11 a.m. - Noon

Kelly Grimaldi, Instructor

Certificate Programs

PET EDUCATIONAL TRAINING SERVICES

ONLINE

Know you want to work with animals but aren't sure which pet program to choose? Please contact the course instructor Mary Lynn Gagnon (m.gagnon@hvcc.edu).

Mary Lynn, the owner of Pet Estates Inc. and Merry Lynn Kennels, and has been a successful pet business owner and leader in the pet business field for more than 24 years.

Pet Education Certificate Program

The Pet Education Certificate course offers a variety of resources to help begin or enhance your career working with animals, including but not limited to: pet-sitting, kennel work, daycare, training, working for a veterinarian and other animal-related fields. Topics include pet health and illness, communication, basic hygiene for pets and even writing a resume and preparing for an interview. In order to successfully complete this program and be eligible for a certificate, you must successfully complete the online course, complete a pet First Aid/CPR class and complete at least 100 hours of internships at an approved animal care facility within six months of the end of the course. 11.8 CEUs

70828 \$400

Online Course, 6/6 - 8/8

Pet CPR and First Aid

Whether you are a pet owner or just a pet lover, this class will provide critical knowledge that could help save a pet's life. Students will need to purchase at least one textbook as part of the online portion of this course. Approximate cost is \$20. .4 CEUs

70710 \$86

Online Course, 6/6 - 6/27

Starting a Pet Business

In order to stand out in the pet industry today you need to think outside the box and do your research. This course will save you time and money by giving you the tools to do it right the first time. You will be guided to free resources to start your business. The course includes a 30-minute personal phone consultation with Pet Estates Inc. owners Don or Mary Lynn Gagnon.

70829 \$86

Online Course, 7/6 - 7/20

Paralegal Certificate Course

This intensive, nationally-acclaimed program is designed for beginning and advanced legal workers. You will be trained to assist trial attorneys, interview witnesses, investigate complex fact patterns, research the law and assist in preparing cases for courtroom litigation. The instruction is practice-oriented and relates to those areas of the law in which legal assistants are in most demand.

The online paralegal course is split into two parts: Introduction to Paralegal Studies and Advanced Paralegal Concepts. All registered students will be enrolled in both sections, which will be completed consecutively. Introduction to Paralegal Studies provides the foundation for the study of Paralegalism. During the seven-week course, you will gain an understanding of the American legal system and learn how you can be of assistance in the exciting field of law. Coursework is equivalent to 45 class hours of study.

Advanced Paralegal Concepts takes over where the introduction leaves off. In this seven-week course, you will learn the advanced skills of legal research and writing, formal and informal advocacy, and appellate procedure. Coursework in the advanced course is equivalent to an additional 45 class hours of study. This is an accelerated course. While there are no prerequisites, you will be expected to complete a significant amount of homework and you can anticipate spending an average of 12 hours per week reading and completing writing assignments.

Successful graduates of this program will be awarded a certificate of completion. To receive the certificate, you must pass six quizzes and successfully complete five legal document writing assignments. 8.4 CEUs

Please note: paid access to the Westlaw online legal library is offered through the Center for Legal Studies and is strongly recommended to complete the second part of the course. Students have access to Westlaw at Hudson Valley Community College. However, at this time, the Westlaw database can only be accessed from the Marvin Library on campus. Textbooks that accompany the instruction of this course are available for purchase in the college's bookstore or through the Center for Legal Studies at 1(800) 522-7737. Additional information for the Paralegal Certificate Course can be obtained at www.legalstudies.com.

70201 \$1289

Online Course, 6/25 - 8/10 and 8/20 - 10/5

Computer Accounts

Pet Educational Training Services classes require a Hudson Valley username and password. Additional information about computer accounts can be found at www.hvcc.edu/communityed/courseinfo/computer.pdf



HUDSON VALLEY COMMUNITY COLLEGE



*Jump Start
Your Career or
Find a New One!*



<http://careertraining.ed2go.com/hvcc>

ONLINE CAREER TRAINING PROGRAMS

Certified Medical Administrative Assistant with Medical Billing and Coding

\$3,195

CRN: 70202, 500 Hours, 50 CEUs

Certified Medical Administrative Assistant with Medical Billing and Coding is geared towards students who are interested in obtaining a career in the healthcare industry, but have little to no experience within the sector.

Upon completion of this program, you will be prepared to sit for the Certified Professional Coder (CPC) exam, offered by the American Academy of Professional Coders (AAPC) and the Certified Medical Administrative Assistant (CMAA) exam offered by National Healthcareer Association (NHA). Vouchers for both exams are included with this program.

Certified Medical Transcriptionist

\$2695

CRN: 71128, 195 Hours, 19.5 CEUs

In the Certified Medical Transcriptionist program, you will develop skills using online simulations and learn about speech recognition software and its impact on the medical transcription industry. In addition to transcribing, you will learn how to edit information for grammatical errors and ensure the correct, proper usage of medical terms in a patient's records.

Veterinary Assistant

\$1,995

CRN: 70204, 225 Hours, 22.5 CEUs

This online program will prepare you to become a productive member of a veterinary team. You'll learn about every aspect of veterinary assisting, including anatomy and physiology, animal restraint, laboratory sample collection, assisting in surgery and dentistry, prescription preparation, and taking radiographs.

*All course prices are subject to change without notice.

Over 100 other great career training programs available online!

<http://careertraining.ed2go.com/hvcc>

Program Features:

- One-on-one instructor assistance
- 24-hour access
- All materials and books are included!
- Certificate upon successful completion
- Courses start anytime
- 3-6 months of instruction

Prepare for employment in some of today's hottest careers with a comprehensive, affordable, and self-paced online career training program.

Complete any of these career training programs entirely from your home or office and at any time of the day or night.

For detailed objectives, outlines, demos, frequently asked questions, pricing and program ratings, call us or visit our website.

(518) 629-7339

Learn from the comfort of home!

Our **instructor-led** online courses are informative, fun, convenient and highly interactive. We focus on creating warm, supportive communities for our learners. New course sessions begin monthly. Visit our website to view start dates for courses that interest you.

Complete any of these courses entirely from your home or office and at any time of the day or night.

- **24-hour access**
- **Discussion areas**
- **Six-week format**

Prices start as low as: **\$115**

INSTRUCTOR-LED ONLINE COURSES

A to Z Grant Writing

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns and prepare proposals.

Accounting Fundamentals

Give yourself skills that are in high demand by exploring corporate accounting with a veteran instructor.

Conversational Japanese

Whether you want to learn for business travel or just for fun, you'll find this course makes it easy and enjoyable for beginners.

Creating WordPress Websites

Discover how to easily create blogs and websites with WordPress, the world's most popular web publisher.

Discover Sign Language

Discover the fun of learning sign language and using your hands to communicate with deaf people.

GMAT Preparation

Taking this course will provide you with test taking techniques and methods for improving your score on the GMAT exam.

Grammar Refresher

Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

Homeschool with Success

In this course you will delve into the history of homeschooling and examine its status today in all 50 states.

Human Anatomy and Physiology

Gain a greater appreciation and understanding of the marvelous complexity of the human body.

Intermediate Microsoft Excel

Take your Microsoft Excel skills to the next level as you master charts, PivotTables, Slicers, Sparklines and other advanced Excel features.

Introduction to Google Analytics

Learn how to track and generate traffic to your website, create reports and analyze data with Google's free, state-of-the-art web analytics tools.

Introduction to Lightroom 5

Learn how to use the tools in Adobe Photoshop Lightroom 5 to organize and edit your images, fine-tune lighting and color, and develop an efficient image processing workflow.

Introduction to Microsoft Access

Take control over your data! Whether you're a novice or an experienced database user, this course will show you how to harness the full power of Microsoft Access.

Introduction to Microsoft Excel

Become proficient in Microsoft Excel and discover countless shortcuts, tricks, and features for creating and formatting worksheets quickly and efficiently.

Mastering Public Speaking

In this fun and hands-on course, you will find out how to talk confidently and persuasively to both large audiences and small groups.

Nonprofit Fundraising Essentials

Take your first step toward a rewarding career in fundraising for nonprofit organizations!

Writing Essentials

Master the essentials of writing so you can excel at business communications, express yourself clearly online and take your creative literary talents to a new level.

ENROLL NOW!

ONLINE



Over 250 Online Courses Available!

<http://ed2go.com/hvcc>



HUDSON VALLEY COMMUNITY COLLEGE

LEARN A NEW LANGUAGE!

ONLINE

It is never too late to learn a new language. Whether you are planning a trip or just looking to obtain a new skill, take our online language courses. These courses are taught online through Ed2go. You will receive your online Ed2go username and password within one week of registration.

Beginning Conversational French

This course will teach you how to communicate easily and comfortably with those who speak French. You will learn practical, common phrases that will make your trips to the many French-speaking regions of the world more pleasant. You will learn dialogue specific to various settings, and you will be surprised how easy it can be to speak another language.

71129 \$115

Online Course Dates: 6/13 - 8/3

Conversational Japanese

Whether you want to learn conversational Japanese for travel or just for fun, you'll find this course makes it easy and enjoyable for beginners to master the essentials of the Japanese language. Guided by a native Japanese instructor, you'll also gain cultural knowledge only an insider has.

71130 \$115

Online Course Dates: 6/13 - 8/3

Discover Sign Language

It's truly amazing that we can communicate just by using our hands and different facial expressions! In this course, you'll discover how to use this graceful, expressive language to communicate with deaf people.

Throughout the course, you'll learn by watching videos that demonstrate how to make the signs and how to incorporate facial expressions to communicate. You'll be immersed in silence during most of the course, so you'll gain an understanding of the perspective of deaf people and sign language. You'll also gain an introduction to the world of deaf culture and explore topics such as lip reading, baby signs, and the career of interpreting.

71131 \$115

Online Course Dates: 6/13 - 8/3

Instant Italian

This dynamic course will teach you how to express yourself comfortably in Italian. You'll learn practical, everyday words. You'll read, hear and practice dialogues based on typical situations that you're likely to encounter if you plan to vacation in Italy. The dialogues and follow-up exercises of each lesson will teach you to communicate in Italian in a wide variety of settings. You'll be surprised by how quickly and easily you can learn many useful expressions in Italian!

71040 \$115

Online Course Dates: 6/13 - 8/3

Speed Spanish

Imagine yourself speaking, reading and writing Spanish. Now you can, with Speed Spanish! This course is designed for anyone who wants to learn Spanish, pronto.

You'll learn six easy recipes for gluing Spanish words together to form sentences. In no time at all, you'll be able to go into any Spanish speaking situation and converse in Spanish.

¡Qué bueno!

71064 \$115

Online Course Dates: 6/13 - 8/3

Getting Paid to Talk: Voice-Overs as a Profession

Have you ever been told you have a great voice? From audio books and cartoons to documentaries, commercials and more, this class will introduce you to the growing field of voice-over. Learn what the pros look for, how to prepare, and where to find work in your area! We'll discuss industry pros and cons and play samples from working voice professionals. In addition, you'll have an opportunity to record a short professional script under the direction of our teacher. This class is lots of fun, realistic and a great first step for anyone interested in the voice-over field. For more information, please visit www.voicecoaches.com

70197 \$19

1 Session, ADM 101

Tues., 7/10, 6:30 - 9 p.m.

TAKE A CLASS WITH A FRIEND!



It's a fun way to spend time together and learn something new.



Computers

Learn a new computer software program completely online from your home or office and any time day or night. These instructor-led courses are informative, fun, convenient and highly interactive. These course are taught online through Ed2go. You will receive your online Ed2go username and password within one week of registration. More detailed information on these courses can be found at www.ed2go.com/hvcc

Adobe

Online Course Dates: 6/13 - 8/3

Introduction to Photoshop CC

Learn how to use Adobe Photoshop CC, the world's best graphics program, to edit and process photos and create original images.
71050 \$115

Introduction to Lightroom CC

Learn to use the tools in Adobe Photoshop Lightroom Classic for the cloud to organize and edit your images, fine-tune lighting and color, and develop an efficient image-processing workflow.
71137 \$115

Photoshop Elements 13 for the Digital Photographer

Learn how to use the tools and features of Adobe Photoshop Elements 13 for editing and fixing your digital photos and images.
71141 \$99

Adobe Value Suite

Are you interested in dabbling in digital design and photo editing? This discounted group of courses teaches you the basics of Adobe's powerful image and graphic design software
71142 \$299

Introduction to Digital Scrapbooking

Learn how to make the most of your scrapbooking talents and artistic ideas when you combine digital and traditional scrapbooking techniques.
71143 \$99

Introduction to Illustrator CS6

Learn to design and draw vector art, work with shape gradients, and manipulate color images using Adobe Illustrator CS6.
71144 \$115

Microsoft

Online Course Dates: 6/13 - 8/3

Microsoft Office 2016 Value Suite

Learn to use the basic features of Microsoft Word 2016, Microsoft Excel 2016, and Microsoft PowerPoint 2016, three of the most fundamental software programs used in educational and professional settings.
71145 \$324

Introduction to Microsoft Word 2016

Learn to use the basic features of Word 2016 (now available through Office 365) to type, edit, format, spell check, and print professional-looking documents, letters, and reports.
71082 \$129

Introduction to Microsoft Access 2016

Learn to build, edit, and maintain a database in Microsoft Access 2016, complete with tables, reports, forms, macros, and queries to give you fast access to all your important information.
71049 \$129

Introduction to Microsoft PowerPoint 2016

Learn how to use Microsoft PowerPoint 2016 (now available through Office 365) to create professional-looking presentations using slide and layout masters that make global changes in a snap.
71083 \$129

Introduction to Microsoft Project 2016

Use this popular project management software to plan, implement, and control projects, track costs and resources, and generate reports using Gantt Chart and Calendar views.
71147 \$129

Intermediate Microsoft Excel 2016

Take your Microsoft Excel 2016 skills to the next level as you master charts, graphs, PivotTables, Slicers, Sparklines, AutoFilter, macros, and other advanced Excel functions.
71081 \$129

Introduction to Microsoft Publisher 2013

Learn how to design professional publications, including newsletters, fliers, and brochures, with Microsoft Publisher 2013.
71146 \$115

Introduction to Microsoft Outlook 2013

Get up to speed with the latest developments in Outlook, including how to manage your email, calendar, and contacts and how to get the most out of program tools such as Search Folders and Quick Steps.
71148 \$115

Other Computing Courses

Online Course Dates: 6/13 - 8/3

QuickBooks 2016 Series

Master the fundamentals and more advanced functions of QuickBooks 2016. Learn everything from creating statements to using batch invoicing and managing journal entries.
71151 \$199

Introduction to QuickBooks Online

Use this cloud-based accounting program to record income and expenses; enter checks and credit card payments; track your payables, inventory, and receivables; and much more.
71149 \$115

Creating WordPress Websites

Discover how to easily create blogs and websites with WordPress, the world's most popular web publisher.
71138 \$115

Blogging and Podcasting for Beginners

Learn how to create your very own blog and add a podcast too using the tools that you already have available on your computer.
71150 \$99

Introduction to Google Analytics

Learn how to track and generate traffic to your website, and analyze data with Google's free, state-of-the-art web analytics tools.
71139 \$115

Introduction to SQL

Gain a solid working knowledge of the most powerful and widely used database programming language.
71152 \$115

Introduction to Windows 10

Learn to use this powerful new operating system, including how to customize your desktop, manage files and folders, and navigate the web with the new Microsoft Edge browser.
71153 \$115

Keyboarding

Learn how to touch-type or improve your existing typing skills using Keyboarding Pro 5.
71154 \$99

Teaching Smarter With SMART Boards

Master the use of SMART Board and SMART Notebook technology so you can create powerful, interactive lessons that capture your students' attention.
71140 \$115

New cooking classes, new cooking classroom!



We're excited to announce that the college has created a dedicated new space (Day Care Center, room 135) for our cooking classes! We'll offer classes to help you discover food that's healthy, nutritious and delicious! Learn from local chefs, cooks and bakers, and discover healthy food ideas for your busy lifestyle!

WHAT TO EXPECT

Most cooking classes are hands-on and interactive and all are led by qualified instructors. Please wear comfortable clothes/shoes with hair pulled back. Unless indicated, you will have an opportunity to taste the dishes prepared in class.

Disclaimer: The kitchen and recipes used in our cooking classes may contain ingredients or other substances which could cause allergic reactions in some individuals. The college cannot be and is not responsible for any allergic reaction(s) that may occur as a result of participating in any of our cooking classes.

Hudson Valley Community College does not assume any liability or responsibility for any allergic and/or adverse reactions to food touched or consumed or substances or items one may come into contact with while participating in culinary classes.

Master Food Preserver

Become a master food preserver! This three-day training program includes the scientific basis of home food preservation. You will get hands-on experience in boiling water and pressure canning, making jams and jellies, pickling and fermentation. There will be demonstrations in freezing and drying and discussion of other methods of preservation. This course is the first step toward becoming a Cornell Cooperative Extension Master Food Preserver. All class materials will be provided. Lunch each day is also included. No refund after 5/25. Space is limited!

71119 \$375

3 Sessions, DCC 135

Tues., - Thurs., 6/5 - 6/7, 8:30 a.m. - 4:30 p.m.

Katherine Humphrey, Judy Price
and Diane Whitten, Instructors

Southern Summer Cuisine

Forget the bottled stuff! In this course we will be making homemade finger-licking good BBQ sauce. And what summer cuisine would be complete without potato salad? Course fee includes \$10 materials fee.

71027 \$35

1 Session, DCC 135

Tues., 6/26, 6 - 8 p.m.

Nevillene White, Instructor

Cooking Basics for Kids

This three week-class will help each child (ages 8 - 14) learn the basic essentials to develop their interests in cooking. They will learn to make different sauces, as well as prepare and cook different dishes and desserts that they can bring home to share. Your child will also learn basic knife skills. Course fee includes a \$40 materials fee.

71179 \$79

3 Sessions, DCC 135

Sun., 8/5 - 8/19, 9:30 - 11:30 a.m.

Sarah Diamond, Instructor

Traditional Italian Made Easy

Have you ever wanted to experience the tastes and flavors in your own home? In this course you will learn how to prepare traditional Italian meals in a way that is easy to understand and shop for. Participants will learn basic pasta making and traditional Italian dinners that will be sure to impress any guest. Course fee includes \$28 materials fee.

71173 \$75

3 Sessions, DCC 135

Mon., 6/11 - 6/25, 6 - 9 p.m.

Paul D'Avella, Instructor

Summer is spelled F-R-E-S-H

The Capital Region is filled with wonderful farmers markets and produce stands. This course will teach you how to use those fresh ingredients you have purchased locally. Course fee includes \$15 materials fee.

71182 \$29

1 Session, DCC 135

Mon., 7/30, 6 - 8:30 p.m.

Sarah Diamond, Instructor

Instant Pot

Come learn what all the buzz is about! Those who already own Instant Pots (or not-yet-owners,) will benefit from this class. Sarah will demonstrate how simple and easy home cooked meals are made within 30 minutes to feed your family without the stress of cooking for hours. Course fee includes \$10 materials fee.

71183 \$25

1 Session, DCC 135

Sun., 7/22, 9:30 - 11:30 a.m.

Sarah Diamond, Instructor

LET'S BAKE!



Adult Baking 101

Do you always volunteer to bring paper products to your child's school function because you don't want to bake? This is the class for you. Sarah will teach you that baking doesn't need to be difficult or time consuming. Course fee includes \$15 materials fee.

71181 \$29

1 Session, DCC 135

Mon., 7/9, 6 - 8:30 p.m.

Sarah Diamond, Instructor

Beginner Cookie Decorating Class

Learn the use of royal icing to decorate cookies. If you've never worked with royal icing or have dabbled just a little, this class will help you get the ball rolling. We will briefly talk about the basics of baking cookies and offer tips and tricks of the trade but then we'll move right into the world of decorating. We will learn, hands-on, the various decorating techniques used with two different types of royal icing: piping consistency and flood consistency. We've planned five to six cookie designs, including Springtime Flowers in Mason Jar on 5/22, Floral Garden on 6/14, Fun in the Sun on 7/25, and Summer Eats and Treats on 8/6, and we will keep things rolling to get them all completed by the end of class. You will be taking them home with you along with an icing recipe, a decorating tool, cookie cutter, and of course a buttercup cookie. You will leave with loads of inspiration to further enjoy the art of cookie decorating! Open to ages 12 and up. Students must withdraw one week prior to the start of the course for a full refund.

71174 \$65

1 Session, DCC 135

Tues., 5/22, 6 - 8:30 p.m.

71175 \$65

1 Session, DCC 135

Thur., 6/14, 6 - 8:30 p.m.

71176 \$65

1 Session, DCC 135

Wed., 7/25, 6 - 8:30 p.m.

71177 \$65

1 Session, DCC 135

Mon., 8/6, 6 - 8:30 p.m.

Cindy Burek of Buttercup Cookie, Instructor

Luscious and Legal Gluten Free Baking

Gluten free goes delicious! Learn about using gluten free flours to create wonderful recipes. We will be baking a classic favorite – chocolate walnut brownies – and a lemon blueberry cornmeal loaf that is special for breakfast, a snack or tea time. These two recipes are handmade recipes; you can make them at a cabin in the woods or wherever there is no electricity. Course fee includes \$15 materials fee.

71178 \$35

1 Session, DCC 135

Wed., 6/20, 12 - 3 p.m.

Carol Sukinik, Instructor

Basic Decorating Tips with Cupcakes

This will be a hands-on class where we can experiment with different piping tips. If you have a tip that you would like to learn to use, please bring it with you. We will practice on parchment paper and cupcakes. This course is open to adults only. Course fee includes \$14 materials fee.

61023 \$25

1 Session, DCC 135

Sat., 5/19, 9 - 11 a.m.

Kathleen Brennan-Claydon, Instructor



WOULD YOU LIKE TO TEACH A COOKING CLASS?

We would like to hear from you!

Please contact us at
communityed@hvcc.edu
with your ideas.



HUDSON VALLEY COMMUNITY COLLEGE

Driver Education Course

Driver Education

This course is intended to educate students (age 16 or older) on appropriate driving skills and habits. This course includes 24 hours of classroom instruction and 24 hours of behind the wheel training and observation. Students must complete all scheduled classes in order to be eligible for the Motor Vehicle Certificate MV-285. If you know you have to miss a class for any reason, please wait and take this course at another time. One make up-session for an excused classroom absence with college approval is allowed for an additional \$25 fee, and is scheduled for a date to be determined.

The MV-285 Student Certificate of Completion allows:

1. NYS Junior Permit holder to schedule a road test
2. Young drivers a possible reduction in automobile insurance cost (participation is dependent upon insurance provider participation)
3. A 17 year old to receive a senior license (MV-285 form must be submitted to local DMV to attain this benefit)

Summer Driver Education is taught on a Day 1/Day 2 schedule. Classroom time will always be Day 1. If a student chooses a driving time on Day 1, they can expect to be in class and on the road for three hours every other day. If they choose a Day 2 driving time, they will alternate class and drive time for 1 ½ hours every day.

When registering via mail or fax, please indicate a first and second choice for driving times using the course codes adjacent to the selected driving time. If you are registering online or on the phone, you will be asked to select your drive time when you select your class time. Driving times are available first-come, first-served.

The course fee for Driver Education is \$425.

70314

Tues., 6/26, 5 - 6 p.m., BTC 219

Orientation

Classroom Sessions, Mon. - Fri., 6/27 - 8/10

9 - 10:30 a.m., Day 1, BTC 219

No class or driving on 7/4.

Drive Times Available

Day 1

70348 7:30 - 9 a.m.

70349 10:30 a.m. - Noon

70351 Noon - 1:30 p.m.

70352 1:30 - 3 p.m.

Day 2

70357 7:30 - 9 a.m.

70514 9 - 10:30 a.m.

70515 10:30 - Noon



Be bold. Be a Viking.



FOR MORE INFORMATION:

Office of Community and Professional Education

Guenther Enrollment Services Center,
Room 252

80 Vandenberg Avenue
Troy, NY 12180

(518) 629-7339

communityed@hvcc.edu

Learn to RIDE!

MOTORCYCLE SAFETY CLASSES

Hudson Valley Community College is proud to partner with the Capital Area Motorcycling School, Inc. (CAMS) to offer a wide array of motorcycle courses. Whether you are a beginner or advanced rider, we have a course for you!

Basic Rider Course for License Waiver \$275

- The fast track for receiving your motorcycle license!
- 18-hour course - three-hour online course plus 15 hours of classroom and riding exercises
- Motorcycle/scooter and helmet provided
- Prerequisites: must be able to ride a bicycle and possess a valid NYS driver's license.
- Offered seven days per week June, July and August. Offered weekends April, May, September and October.

Basic Rider Course 2 for License Waiver \$225

- Eight-hour course: three-hour online course plus five hours of riding exercises
- Designed for riders with some street riding skills
- Taken on your own street legal, registered and insured motorcycle/scooter
- Prerequisites: must possess a valid NYS driver's license AND a valid NYS motorcycle permit that you have had for about one year.

Basic Rider Course 2 \$155

- Five-hour course
- For the rider who wants to improve their skills
- Taken on your own street-legal, registered and insured motorcycle/scooter
- Prerequisites: must possess a valid NYS driver's license AND a valid NYS motorcycle license

Other Motorcycle Courses Offered Seasonally

- Introductory Motorcycle Experience \$60
- Basic Rider Course Practice \$155
- Ultimate Bike Bonding Rider Course \$155

WHICH COURSE IS FOR YOU?

For help with choosing the right course for you, please email camstraining@nycap.rr.com or call Barbara at (518) 813-1717.

Visit www.hvcc.edu/rider for current schedule, full course descriptions and other important information.

"The instructors were fantastic! Having no experience riding a motorcycle, at the end of the class I was very well prepared and confident!"

"Could not have had better instructors. They taught us everything from start to finish."



For registration or course availability questions contact:

Hudson Valley Community College

Office of Community and Professional Education - (518) 629-7339 or communityed@hvcc.edu

Zumba

Zumba is the hottest class to hit the fitness world! This hour-long dance-based fitness class is set to international rhythms. No experience in dance or aerobic classes is required and Zumba is open to all fitness levels. This class will help you sculpt a tight mid-section without getting on the floor. Wear sneakers and light clothes. Bring a water bottle!

70255 \$70

10 Sessions, MCD 192

Mon., 6/4 - 8/6, 5:45 - 6:45 p.m.

70257 \$70

10 Sessions, MCD 192

Wed., 6/6 - 8/15, 5:45 - 6:45 p.m.

No class 7/4

Lori Hallenbeck of Abs In, Inc., Instructor

Hi-Lo Aerobics

This is a combination Hi-Lo impact class designed with both men and women in mind. Each class adheres to the exercise guidelines set forth by the American College of Sports Medicine. The one-hour class includes a complete cardiovascular workout and a stretching and strength training component that will tone muscles and burn fat. Routines are set to contemporary music by the original artists. Energize and have fun. This class is designed for all levels - everyone will be successful!

70261 \$70

10 Sessions, MCD 192

Mon., 6/4 - 8/6, 7 - 8 p.m.

Lori Hallenbeck of Abs In, Inc., Instructor

Triple Threat

Triple threat is an hour-long class that hits all the workout highlights, including cardio, toning, sculpting, and abdominals. Bring a mat and hand weights to class.

71157 \$70

10 Sessions, MCD 192

Wed., 6/6 - 8/15, 7 - 8 p.m.

No class 7/4

Lori Hallenbeck of Abs In, Inc., Instructor

Jazz and Contemporary Dance

Join us for an hour-long class consisting of warm up, stretch, technique dance combinations concluding with stretching. Bring only your love of movement and music!

71162 \$75

10 Sessions, MCD 192

Thurs., 6/7 - 8/9, 7 - 8 p.m.

Bella Sarratori of Abs In, Inc., Instructor



Metabolic Blast Bootcamp

Shred fat, sculpt lean muscles, lose inches and gain metabolic power before your day begins! Those who get their workout done before the day kicks off experience increased metabolic burn through the rest of the day... resulting in a whole day's worth of success! This inspiring fitness journey will empower you with an atmosphere of camaraderie and support to achieve noticeable changes using the proven techniques of interval training. Course fee includes \$25 materials fee.

What you receive:

- 36 classes of high-intensity interval training
- Expert coaching from a nationally-certified personal trainer
- Nutritional support
- Weekly food journal
- Fitness assessment
- 24-7 online support and individual attention
- Injury prevention techniques
- Supercharged motivation
- Accountability
- Powerful encouragement
- An adrenaline kick to start your day that will fire up your metabolism

What you give:

- Three hours of your time a week
- 100 percent effort
- \$225 course fee

70326 \$225

29 Sessions, MCD 192

Mon., Wed., & Fri., 6/4 - 8/10, 6 - 7 a.m.

No class 7/4

Hollan Bonjukian of Tru Fitness, Instructor

Core Camp

Lose that weight around the midsection with this fast-track fitness class strategically designed to deliver results! Think Bootcamp meets Pilates. You will be inspired through high-intensity intervals of metabolically-altering cardio drills that are geared to fire up your metabolism. You will learn the best middle-whittling core moves out there. Melt the external fat and reveal the lean chiseled muscle that you will be developing. This program will begin and end with a thorough fitness and nutrition assessment so you will see the incredible results from investing in yourself.

Join us in Core Camp and whittle your middle this year!

70510 \$75

10 Sessions, MCD 192

Sun., 6/3 - 8/5, 6:45 - 7:30 a.m.

Hollan Bonjukian of Tru Fitness, Instructor

Barbarian Sandbag Blast

Break out of your fitness plateau and take it to the next level with the Barbarian sandbag workout. Beginners and pros will achieve amazing feats with simple non-stop, multi-muscle moves that ramp up your cardio, build strength and blast your body into a fat burning machine that may experience an increase in metabolic activity 18-24 hours after a single session. Using an individualized sandbag "weight" to swing, push, pull and balance, you'll discover the missing secret of most strength training programs, "variable angular resistance," which comes from the flexible structure of the weight, unlike the fixed grip of dumbbells. A special Barbarian sandbag will be provided for each student with an appropriate weight for the semester.

70826 \$75

10 Sessions, MCD 192

Sun., 6/3 - 8/5, 7:45 - 8:30 a.m.

Hollan Bonjukian of Tru Fitness, Instructor

NOTE: McDonough 192, where many of our fitness classes are held, is not air conditioned.



Senior S.T.R.O.N.G.

With the inspiration and guidance from a certified personal trainer, you will partake in a fun, encouraging and effective fitness class. Resistance bands, chairs, weights, nutritional guidance and an attitude of joy will help you achieve greater strength, tone and resilience. Please bring comfortable clothes, sneakers, a towel and a water bottle.

70919 \$75

10 Sessions, AMZ 306

Mon., 6/4 - 8/6, 10 - 11 a.m.

Hollan Bonjukian of Tru Fitness, Instructor

Soul Running

You don't have to be long and lean to run powerfully with freedom and joy, but you do need the right techniques. Whether you like running or not, I will give you a whole new toolbox to optimize your body's capacity to run naturally. You will become more efficient with healthy body mechanics, minimalist footwear, breathing practices, tempo and terrain to reinvent running as a joyous experience in a non-threatening outdoor setting. You may get faster, have uncontrollable bouts of joy, get more efficient, meet fun-loving friends, and may even get hooked for life on a deeply soul-nurturing experience. This is an opportunity to safely explore barefoot running as well. For all levels.

71169 \$95

10 Sessions, DCC 136

Wed., 6/6 - 8/15, 5:30 - 6:30 p.m.

No class 7/4

Hollan Bonjukian of Tru Fitness, Instructor

NOTE: McDonough 192, where many of our fitness classes are held, is not air conditioned.

Mindful Movement

A life of integrity and alignment is a life of power. In the same way, muscles that move with integrity and alignment produce a body with power. Science shows us that 70% of our health, disease prevention and fitness are determined by our little day-to-day choices, with movement being one of the most crucial. This class is not about moving more, but rethinking how your body was designed to move so that you don't waste your time with mindless movements.

This is a fun, hands-on, workshop-style class that will involve self-testing, demonstrations, practice and practical tools that will reprogram your neck, spine, glutes, knees and toes. Whether you want to become an athlete or merely ward off nagging backache, this class provides the principles that will transform how you use your body.

71168 \$45

1 Session, MCD 192

Sun., 6/24, 3 - 5 p.m.

Hollan Bonjukian of Tru Fitness, Instructor

Pilates Mat - Beginner

Pilates is a precise method of exercise which focuses on movements designed to lengthen and strengthen the body. This class will focus on the core, and you will practice the controlled movements designed to stretch and strengthen muscles without adding bulk. Just bring a mat (yoga style "sticky" mat works best) and experience what Pilates can do for your body and mind. This class is designed for the beginner Pilates student with little or no experience.

70318 \$64

9 Sessions, AMZ 306

Mon., 6/11 - 8/6, 5:15 - 6 p.m.

Sarah Hoffman of Total Body Trifecta, Instructor

70319 \$64

9 Sessions, AMZ 306

Wed., 6/6 - 8/8, 5:15 - 6 p.m.

No class 7/4

Ellen Ehrlich of Total Body Trifecta, Instructor

Pilates Mat - Intermediate

This course is a continuation of the Pilates method. It will incorporate the basic and intermediate level exercises into a more intense style of class. This class level is appropriate for students who have had at least two semesters (one year) of experience practicing Pilates. Just bring a sticky mat and a 14-inch Pilates Magic Circle (ring).

70320 \$64

9 Sessions, AMZ 306

Mon., 6/11 - 8/6, 6:05 - 6:50 p.m.

Ellen Ehrlich of Total Body Trifecta, Instructor

70321 \$64

9 Sessions, AMZ 306

Wed., 6/6 - 8/8, 6:05 - 6:50 p.m.

No class 7/4

Ellen Ehrlich of Total Body Trifecta, Instructor

Ballet Barre

Ballet Barre is a series of movements that strengthen the entire body. It combines the core conditioning associated with Pilates with the flexibility improvements that occur with yoga, plus stability and strength exercises associated with ballet and fitness. This workout incorporates floor work, barre work and standing body weight exercises with the use of light weights, resistance bands and the barre. No previous experience is needed, just bring a set of 2-5 lb. hand weights, a yoga mat and a towel and wear comfortable fitness clothes. This workout is traditionally done barefoot but split sole sneakers or ballet shoes can be worn. Come and try this fun and popular workout!

70822 \$64

9 Sessions, AMZ 306

Mon., 6/11 - 8/6, 7 - 7:45 p.m.

Ellen Ehrlich of Total Body Trifecta, Instructor



Cardio Kickboxing

Cardio Kickboxing is an hour-long, total body workout designed to improve your cardiovascular endurance with a core of continuous kickboxing combos to work your upper and lower body and your heart.

The class begins with a warmup, followed by basic kickboxing moves that become more intense as the class progresses. Modifications will be offered to accommodate all ages and fitness levels. The class ends with a cool down, core strengthening and stretching. Please bring a set of 3-5 lb. hand weights, a mat, towel and water. Get ready to have fun and sweat!

70264 \$64

9 Sessions, AMZ 306

Wed., 6/6 - 8/8, 7 - 8 p.m.

No class 7/4

Christine Sultan of Total Body Trifecta,
Instructor

Sole Synthesis

Sole Synthesis is a fusion of strength, flexibility, core and cardiovascular work. It is a standing flow workout done barefoot without extra equipment to upbeat music. This full-body workout combines movements inspired by fitness, ballet and yoga. The low-impact moves will work you from head to toe. No previous experience is needed to participate in Sole Synthesis. Please bring a water bottle, a sticky mat and your bare feet (soles), and dress in comfortable fitness clothing.

71156 \$64

9 Sessions, MCD 192

Tues., 6/5 - 8/7, 5:30 - 6:15 p.m.

No class 7/3

Mary Anne Fantauzzi and Sarah Hoffman
of Total Body Trifecta, Instructors

Ballet Workout

This class is for those with little or no ballet experience was designed to expose participants to the beauty, grace and fluidity of the dance form using exercises modified for a fitness setting. The format includes a moving warmup, stretch, abdominals, floor barre, standing center work, a movement combination, and reverence. We will not use a barre in order to strengthen the core and improve balance. Come experience this new offering! Bring a yoga mat, water, towel, and a set of 3-5 pound hand weights. Fitness attire and sneakers are acceptable. Ballet slippers are optional.

71155 \$64

9 Sessions, MCD 192

Tues., 6/5 - 8/7, 6:30 - 7:15 p.m.

No class 7/17

Mary Anne Fantauzzi and Emma Farison of
Total Body Trifecta, Instructors



Yoga I: Foundations of Practice

This course is of value to students of any age, with or without previous experience in yoga. We will focus patiently on classic postures and breathing exercises to bring balance and well-being to the body, mind and spirit. With the development of physical flexibility and calmness of mind, we also lay the foundations for a rewarding lifelong practice of yoga. Please bring a mat designed for yoga and wear loose, comfortable clothes.

70189 \$80

8 Sessions, AMZ 306

Mon., 6/4 - 7/23, 3:30 - 4:30 p.m.

70190 \$80

8 Sessions, AMZ 306

Wed., 6/6 - 8/1, 4 - 5 p.m.

No class 7/4

71163 \$80

8 Sessions, AMZ 306

Thurs., 6/7 - 7/26, 5:45 - 6:45 p.m.

Jeanne Wein, Instructor

Butts and Guts

Butts and Guts...need it say more? This 45-minute class is all about tightening and toning those troublesome tushies and tummies. The class will focus intensely on ab and glute work that also breaks a sweat and will give you results in inches lost, sculpted spots, and just plain confidence in how you fit in your clothes and carry yourself. Say goodbye to boring crunches and traditional butt lifts. This is a program that changes the way you see your core and backside forever!

70668 \$85

10 Sessions, AMZ 306

Tues., 6/5 - 8/7, 5:30 - 6:15 p.m.

Blythe Hurlburt, Instructor

Kettlebells

Want to kick all your fitness goals into high gear? Kettlebells are a Russian strength and conditioning tool that are rapidly taking over the health and fitness world. This workout will help you gain functional strength and muscle definition.

Each kettlebell exercise will be performed for 30 seconds followed by a 10 second rest and repeated for a total of 8 times. This form of HIIT (or High Intensity Interval Training) makes the most of your workout time. This fast-paced, heart-pumping workout is great for everyone! Exercises can be modified for every fitness level. The single biggest benefit of kettle bell training is how quickly you can get an effective workout. You can easily train every single muscle in your body in short periods of time, while simultaneously improving your strength, endurance and flexibility. Get your metabolism fired up and feel invincible!

You need: an exercise mat, a towel, water bottle and a 5 lb. kettle bell for beginners.

70808 \$54

6 Sessions, MCD 192

Thurs., 6/14 - 7/19, 6 - 6:45 p.m.

Liz Gross of Fitness Professionals on Demand,
Instructor

Belly Dance is for Everybody

Explore the rich tapestries of the world through belly dancing, a centuries-old dance that teaches women how to move their muscles in a more holistic way to the sound of music, and helps them achieve a softly sculpted physique.

This fun alternative to other exercise programs leaves you feeling creative, confident, healthy and stress-free. The instructor will guide you through the fundamental dance moves, and incorporate the use of silky veils, finger cymbals, and hip scarves adorned with swishing beads, sequins and jingling coins.

You are never too old or too young to learn to belly dance. This course welcomes all students, beginner to advanced. The hippest way to stay fit!

70918 \$65

8 Sessions, AMZ 306

Tues., 6/5 - 7/24, 6:45 - 7:45 p.m.

Tammy Stanzione, Instructor

NOTE: McDonough 192, where many of our fitness classes are held, is not air conditioned.

Body Conditioning and Toning

Want to get back in shape but just do not know where to start? Body Conditioning with Liz will get you there. Liz is a skilled certified personal trainer who will guide you to feeling and looking your best and offer you substitutions for those exercises that you need to work up to. Remember it is never too late to start an exercise program. Liz will get on track. You just have to make time for yourself.

This is a fun class set to great music! You will strengthen your body, increase endurance, enhance your breathing and de-stress. You will use your functional skills of daily living and your own body weight to support you in achieving your goals. Body conditioning is aimed at those just getting back into exercise or new to exercise. You will exercise all muscle groups at a healthy pace and with appropriate tools. Body conditioning will increase your flexibility by improving your range of motion followed by a full-body workout to strengthen your arms and legs, tighten your core and improve cardiovascular endurance. Each class ends with a relaxation sequence that will leave you feeling relaxed, refreshed, and refocused. Please bring a mat, water bottle and a set of 1-3 lb hand weights.

70810 \$54

6 Sessions, MCD 192

Mon., 6/4 - 7/9, 4:45 - 5:30 p.m.

71166 \$54

6 Sessions, MCD 192

Mon., 7/16 - 8/20, 4:45 - 5:30 p.m.

Liz Gross of Fitness Professionals on Demand, Instructor

Tabata: Burn Fat and Get Fit with High Intensity Training

You will see the difference this training can make in how you look and feel! This class focuses on your core, arms and buttocks, so be prepared to look your best! Tabata is a High Intensity Interval Training where you perform an exercise for 30 seconds and then rest for 10 and repeat for a total of 8 cycles.

Tabata gives you a total body, heart pumping, aerobic and strength-conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind. Modifications for all fitness levels are provided.

Tabata is a great class for those who want to lose weight, shape and tone their entire body for the summer as well as for athletes (e.g. runners and cyclists) to build their cardiovascular capacity and increase athletic performance. You can accomplish more in a Tabata class than you would in a traditional 60-minute group fitness class. Join us for this fun, new, and exciting workout – a great way to start your weekend! Bring a light set of hand weights (3-5 lb), a mat, and a water bottle.

70809 \$54

6 Sessions, MCD 192

Sat., 6/16 - 7/21, 8:30 - 9:30 a.m.

Liz Gross of Fitness Professionals on Demand, Instructor

Healthy Shoulders Workshop

Want healthy shoulders? Learn what works, what doesn't, and why. If you have a shoulder issue or would like to prevent a shoulder issue, you will benefit from this class. Learn basic shoulder anatomy, what tends to go wrong, common diagnoses and treatments, potential causes, and effective self-care from a physical therapist who helps people eliminate pain, regain health, and return to doing the things they love to do every day. You will leave with the skills and knowledge to achieve healthy shoulders for more pain-free living. Course fee includes \$5 materials fee.

71170 \$29

1 Session, DCC B06

Thur., 5/24, 7 - 8:30 p.m.

Eileen Kopsaftis of Have Lifelong Wellbeing, Instructor

Qigong

Qigong is an ancient Chinese healing and mindfulness practice which uses movement, breath, mind focus and self-massage to improve the overall wellness of body and mind. You will learn and practice this method through simple dynamic movements meant to reduce stress and calm the mind, increase vitality and happiness, and assist in the healing of acute and chronic conditions. Qigong is perfect for any age and physical ability and can be practiced standing, sitting or lying down. Please wear loose, comfortable clothing and soft-soled shoes. Course fee includes \$5 materials fee.

71167 \$39

4 Sessions, AMZ 306

Tues., 6/5 - 6/26, 10 - 11:15 a.m.

Diana Wells, Instructor

The MELT Method to Reduce Pain and Stiffness

Got stiffness? Do you suffer from a "desk sentence?" Do you sit at a desk all day and battle pain on a daily basis? Are you stiff when you get up? This class will teach you how to acquire a pain-free state and erase the negative effects of sitting all day. You will leave with the skills to reverse the damage that prolonged sitting can do to your body. Learn from a physical therapist who sees people eliminate pain, regain health, and return to doing the things they love to do every day. This class does require you to be able to get on and off the floor to perform the techniques. Dress in loose, comfortable clothing and bring a yoga mat and a water bottle.

An official MELT™ Soft Foam Roller will be provided for use during class at no cost. If you have wanted to try MELT but have not wanted to invest in product, now is the time to register!

71172 \$34

1 Session, AMZ 306

Thur., 6/7, 7 - 8:30 p.m.

Eileen Kopsaftis of Have Lifelong Wellbeing, Instructor

MELT Stress Away with the MELT Method

Got stress? Do you struggle with constant tension in your body? Or aches and pains? Or stiffness? Is your life full of things that keep you from experiencing a relaxed and pain-free life? The MELT Method will teach you how to acquire a pain-free state and erase the negative effects of stress. You will leave with the skills to perform this method in the comfort of your own home for pain-free living. Learn from a physical therapist who sees people eliminate pain, regain health, and return to doing the things they love to do every day. This class does require you to be able to get on and off the floor to perform the techniques. Dress in loose, comfortable clothing and bring a yoga mat and a water bottle.

An official MELT™ Soft Foam Roller and a MELT™ Soft Ball will be provided for use during class at no cost. If you have wanted to try MELT but have not wanted to invest in the product, now is the time to register!

71171 \$29

1 Session, AMZ 306

Thur., 5/31, 7 - 8 p.m.

Eileen Kopsaftis of Have Lifelong Wellbeing, Instructor

HUDSON VALLEY COMMUNITY COLLEGE

High School Equivalency

High School Equivalency

This course prepares students to take the Test Assessing Secondary Completion™, or TASC™. The TASC is a national high school equivalency assessment to help individuals address their need for advancement, resulting in a high school equivalency diploma.

Our instructors provide individualized and group instruction in the following areas: math, science, social studies, reading and writing. Using a Predictor Test, we will work with you to assess your test readiness. Students who register for this class must also register for one of the TABE pre-test dates. Please note: in order to enroll in this class you must achieve an eighth grade level on the reading and math assessments. This course requires significant work outside of classroom instruction. Many students will find they need to take this class for more than one semester before they are ready to sit for the exam.

Full payment and a valid Certificate of Residence are required prior to the start of the first class. Limited scholarships are available.

70309	\$85	TABE Pre-Tests
20 Sessions, BTC 322		70669 Sat., 5/19, 9:30 a.m. - 12:30 p.m.
Mon. and Wed., 6/4 - 8/13, 6 - 9 p.m.		70712 Thurs., 5/24, 9:30 a.m. - 12:30 p.m.
No class 7/4		70825 Wed., 5/30, 6 - 9 p.m.

Joal Bova, Instructor



CERTIFICATE OF RESIDENCE INFORMATION

Some credit-free courses require a Certificate of Residence. If one is required it will be noted.

Why do you need it?

A Certificate of Residence enables Hudson Valley Community College to charge your county for part of your tuition costs. Without a Certificate of Residence, you will be considered a non-resident of New York State and will have to pay the non-resident tuition.

Please note that students who register online will be required to pay the non-resident tuition charges if they do not have a valid Certificate of Residence on file. Once the Certificate of Residence has been posted to the student's account, a refund of the non-resident tuition charges will be issued.

When do you give it to Hudson Valley Community College when taking a credit-free course?

If you register by phone or fax we ask that you send your Certificate of Residence to our office within five business days. Students who register by mail or in person should submit their certificate at the time of registration.

For information on where to obtain a Certificate of Residence, please visit www.hvcc.edu/cashier/cor.

FREQUENTLY ASKED QUESTIONS

Q: Where can I go to take the TASC exam?

A: The Capital District Educational Opportunity Center (EOC) in Troy is one of many locations in New York State where you can take the exam. Additional testing locations can be found at: www.acces.nysed.gov/hse/hse-testing-maps

Q: Are there any requirements to take the exam?

A: You must be at least 16 years old and meet certain guidelines. For more information on eligibility, please visit: www.acces.nysed.gov/what-hsetasc-test

Q: Is there a cost for the exam?

A: The test is free for a New York State resident.

Q: Can I take the test more than once?

A: Yes, you can take the test up to three times in a calendar year.

If you have any questions or would like to register please contact:

Office of Community and Professional Education
at (518) 629-7339 or communityed@hvcc.edu.



Cooking Basics for Kids

This three-week class will help you teach your child (ages 8 - 14) the basics of cooking. They will learn to make different sauces and pasta. Your child will also learn basic knife skills. Course fee includes a \$40 materials fee.

71179 \$79

3 Sessions, DCC 135

Sun., 8/5 - 8/19, 9:30 - 11:30 a.m.

Sarah Diamond, Instructor

**Week-long
summer camps
available
6/25 - 8/17!**

See inside front cover of this catalog for more details.

Leisure & Special Interest

Parenting 101

This course will include highlights and specifics on parenting for both new and veteran parents, revisit basic needs, and offer healthy solutions to address the needs of today's families. Topics that will be presented and discussed include child growth and development; partnerships with schools and daycares; approaches to disabilities and exceptionalities; and caring, planning for, and understanding infants, toddlers and school-aged children.

71158 \$35

2 Sessions, DCC B05

Tues. & Wed., 6/12 - 6/13, 10 a.m. - 1 p.m.

Kim Diaz, Instructor

The Rich History of Sports in New York State

From the New York Yankee and Brooklyn Dodger dynasties in baseball, to the Winter Olympic tradition and college national championships across many sports, New York State is unequalled in its rich history of sports success and variety, and the Capital Region has made many contributions to this history as well. We'll explore the great sports venues like Madison Square Garden, Yankee Stadium, and the Syracuse University Carrier Dome, in addition to the many levels of sport participation that are offered in the Empire State. The Buffalo Bills, the New York Knicks, the New York Islanders, and many other New York teams have established great dynasties for the ages, which New York State residents can be proud of.

71159 \$19

1 Session, DCC 138

Wed., 6/13, 6 - 9 p.m.

Matthew Lambert, Instructor

Understanding your DSLR camera (Level I)

If you own a DSLR camera and you're still not quite sure how to use it, then this two-session class is for you! You will learn about basic camera functions including how to use aperture, shutter speed, ISO and focus points. We will also explore how you can apply these settings in a way that enhances your photographs.

For these classes, you will need a DSLR camera, your camera manual and a notebook. Please make sure that your camera battery is charged and your memory card has ample storage available.

71132 \$49

2 Sessions, ADM 103

Thurs., 6/14 - 6/21, 1 - 4 p.m.

Julie Pamkowski, Instructor

Sports Collectibles and Memorabilia: Our Passionate Connections to Sports

This seminar will introduce participants to the many types of collectibles that sports fans pursue to stay connected with their favorite sports. Those collectibles include autographed items like bats, balls, jerseys, helmets, and photographs in addition to sports cards, sports documents, game-used items, game programs, ticket stubs, and figurines. We'll discuss the sports card and collectibles market and how it has evolved over the years. Participants will get a chance to see some rare and unique collectibles displayed from the presenter's own collection. We will also encourage interested

participants to connect and stay connected in order to share their common collecting passion.

71160 \$19

1 Session, DCC 138

Wed., 6/27, 6 - 9 p.m.

Matthew Lambert, Instructor

Introduction to Homeschooling and Self-Directed Education

This course challenges the notion that learning won't happen unless forced. The course presumes that school is optional, and that you can be educated and go to college without it; that curiosity is natural for all humans; and that just because a student complies doesn't mean they're engaged, just as reciting data isn't the same as gaining knowledge or wisdom. Students of this class will have the opportunity to engage directly in the theory of self-directed education through practical exercises. This course is appropriate for parents who are homeschooling or considering homeschooling, educators who are interested in integrating principles of self-directed education into their classrooms, and anyone who wishes to better understand what it means to be educated.

71161 \$19

1 Session, DCC B06

Tues., 6/12, 6 - 9 p.m.

Brian Huskie, Instructor

Programs for Professionals

HeartCode BLS

This course is designed for health care professionals and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of in-facility and pre-hospital settings. In order to receive course completion card there are two required steps.

Step 1 - Completion of online Course (HeartCode BLS)

Go to www.onlineaha.org, select HeartCode BLS, and add it to your cart. Cost is \$28.50 and is paid online to the American Heart Association. This self-paced course is accessible anytime from any computer with internet access. Students can access all material included in the HeartCode BLS course for 24 months. This course may be used for initial or renewal completion.

Step 2 - Register for a hands-on skills session

Once you complete the online course you will be able to print a certificate of completion. After you complete the online course, contact Community and Professional Education to register and pay for a skills session (must take place no more than 60 days following successful completion the online course).

Skills sessions are held at 400 Jordan Road. Students must present American Heart Association HeartCode certificate of completion to be admitted. NO EXCEPTIONS. Beware of copy-cat websites. Students who arrive without the certificate of completion will not be allowed to stay and will need to re-register and pay for another session. Come prepared! Please review the online course materials before attending. Underprepared students who do not complete the skills session in the one hour of allotted time will need to re-register and pay.

Choose one skills session

\$30

1 Session, 400 Jordan Road, Room 224

	Date	Time
70220	Tuesday, May 15	2 - 3:30 p.m.
70221	Wednesday, June 6	2 - 3:30 p.m.
70222	Tuesday, June 19	2 - 3:30 p.m.
70223	Monday, July 9	2 - 3:30 p.m.
70224	Tuesday, July 17	3:30 - 5 p.m.
70225	Thursday, July 26	3:30 - 5 p.m.
70226	Monday, August 20	9 - 10:30 a.m.
70227	Monday, August 20	3:30 - 5 p.m.
70265	Tuesday, August 21	2:30 - 4 p.m.
70266	Tuesday, August 21	4 - 5:30 p.m.
70267	Wednesday, August 22	2 - 3:30 p.m.
70268	Thursday, August 23	3:30 - 5 p.m.
70269	Thursday, August 23	5 - 6:30 p.m.
70270	Saturday, August 25	9 - 10:30 a.m.
70271	Saturday, August 25	10:30 a.m. - noon

Setting the Stage for Safer Schools: A Two-Hour Prevent Violence Training for Persons Seeking Certification in New York State

This training responds to the requirement for a two-hour certification course for teaching assistants, teachers, pupil personnel service professionals and administrators in New York State as part of the Safe Schools Against Violence in Education Act (SAVE).

All participants will receive an approved NYS Education Department certificate upon completion of this training. It also can be used to fulfill the professional development plan requirement to provide a two-hour course for all currently certified educators and staff. The seminar will highlight information regarding statutes, regulations and policies relative to a safe and non-violent school climate; the warning signs for violent behavior exhibited by a student within a developmental and social context that relate to violence and troubling behaviors in children; how to participate in an effective school community referral process for students exhibiting violent behavior; and classroom management techniques when responding to potentially violent situations or behavior. .2 CEUs

70244

\$29

1 Session, ADM 102

Thurs., 6/28, 6 - 8 p.m.

Diane Teutschman, Instructor

College Preparation



Self-Paced Math Review

This course is the perfect solution for the student who needs to prepare for a High School Equivalency (HSE) or college placement test or who plans to enroll in a college algebra or trigonometry course but feels a little rusty or unprepared. This non-credit, interactive computer video course allows students to review arithmetic and algebra skills needed for success in basic college math courses.

You will meet with a Learning Assistance Center Education Specialist to establish a study plan. You'll then work independently at your own pace, progressing through multi-media lessons, taking practice tests, and generating a record of your progress.

70252

\$25

Registration Form

Community and Professional Education



PLEASE - ONLY ONE STUDENT PER FORM. Thank You! // **REGISTRATION STARTS 5/2**

Name: _____
First Middle Last

Have you previously attended Hudson Valley Community College? If yes, please list any other names your academic record may be listed under. _____

SS# _____ D.O.B. _____ Sex Code _____ M=Male/F=Female

Address: _____

City, State, Zip _____

Email address: _____

May we contact you via email? ☐ Yes ☐ No

Phone Number: _____

PAYMENT INFORMATION

☐ Check ☐ Voucher/PO (attached) ☐ Tuition Waiver ☐ MasterCard ☐ VISA ☐ Discover

Card #: _____ Exp. Date: _____

3# security code: _____ Cardholder's name: _____

COURSE INFORMATION

CRN # _____ Course Name _____ Fee _____

CRN # _____ Course Name _____ Fee _____

CRN # _____ Course Name _____ Fee _____

CRN # _____ Course Name _____ Fee _____

TOTAL: \$ _____

HOW DID YOU RECEIVE OUR BROCHURE?

☐ From Community & Professional Education

☐ Mail

☐ From a friend

☐ The college website

☐ Community location (store, library, etc.)

☐ Other: _____

MAIL COMPLETED REGISTRATION AND PAYMENT TO:

Hudson Valley Community Office of Community and Professional Education
80 Vandenberg Avenue, Troy, New York 12180

NEED ANOTHER FORM? Visit our website at www.hvcc.edu/communityed/comedreg.pdf.

Registration Information

The Office of Community and Professional Education is located in the Guenther Enrollment Services Center on the second floor in Room 252.

Regular Office Hours: Mon. - Fri., 8 a.m. - 5 p.m.

Summer Hours: 6/4 - 8/10, Mon. - Fri., 8 a.m. - 4 p.m.
College closed 5/28 and 7/4

How to Register



ONLINE

Our online registration system is available 24 hours a day, 7 days a week.

Go to www.hvcc.edu/communityed/register.html

NOTE: You can register online until midnight the day (1 day) before a course begins. Please register by phone, fax or in-person if you are registering on the day the course is scheduled to begin. Online registration is not available for students using purchase orders, tuition waivers or learning certificates.



BY PHONE

Please call (518) 629-7339 for easy enrollment with your credit card.



BY FAX

Complete the registration form and fax to (518) 629-8103. Be sure to include credit card information.



BY MAIL

Print and complete the registration form. Be sure to include credit card information or include a check or money order and mail to:

**Hudson Valley Community College
Community and Professional Education**
80 Vandenburg Avenue
Troy, NY 12180



IN-PERSON

Come to the Office of Community and Professional Education, located in the Guenther Enrollment Services Center, Room 252.

The information listed below pertains to all Community and Professional Education unless otherwise noted. Complete cancellation and refund policy information is available at www.hvcc.edu/communityed/cancel.html

REFUNDS/CANCELLATIONS

Courses nine weeks or longer

Prior to first class	100% refund
During first week of classes	75% refund
During second week of classes	50% refund
During third week of classes	25% refund
After third week of classes	No refund

Courses eight weeks or shorter

Prior to first class	100% refund
During first week of classes	25% refund
After first week of classes	No refund

Please Note:

- If the course fee includes a materials fee, the materials will not be refunded if refund request is submitted less than five business days prior to the first class.
- Requests for refunds must be submitted in writing by the registered student. All refunds will take place in the form of a check and typically take 14 - 21 days to be processed.
- Course registrations may not be transferred to another person. If you are unable to attend a class, you may not send someone else in your place.
- All motorcycle courses, creative retirement trips, floral classes and certificate courses have a separate cancellation and refund policy. These are available at www.hvcc.edu/communityed/cancel.html
- Courses may be cancelled due to insufficient enrollment. Early enrollment helps reduce this possibility. In the case that a course is cancelled, every effort will be made to notify students and refunds will be issued.

CONTINUING EDUCATION UNITS (CEUs)

Hudson Valley Community College awards Continuing Education Units (CEUs) to those who complete designated courses, workshops and seminars. The Continuing Education Unit (CEU) is a uniform measurement of individual participation in non-credit programs. One Continuing Education Unit represents 10 contact hours (for example, for a designated course 30 contact hours = 3 CEUs). In order to receive CEUs, students must successfully complete courses according to the instructor's standards. Typically, this involves 75 percent attendance; however, there may be additional requirements. Please be sure to check with your instructor at the beginning of the course. Records kept for those students who accumulate CEUs will be available upon written request from the Registrar's Office.

PARKING

Parking permits are issued to all students who register for credit-free courses at the time of registration. A parking permit will be mailed to you with your registration confirmation or if you register online, emailed to your Hudson Valley email account and should be displayed accordingly in your vehicle. All drivers are urged to obey traffic laws, and regulations for parking at the college.

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CAMPUS MAP



Map design by Michael Karpowicz of MapInformation.com, updated August 2016

1. BTC - Bulmer Telecommunications Center
2. ADM - Administration Building
3. - Teaching Gallery
4. GUN - Guenther Enrollment Services Center
5. MRV - Marvin Library/Learning Resource Center
6. SCI - Science Center
7. BRN - Brahan Hall
8. AMZ - Arnstuz Science Hall
9. FTZ - Fitzgibbons Health Technologies Center
10. LCH - Baker Lecture Hall

11. LNG - Lang Technical Building
12. HGB - Higbee Hall
13. CTR - Siek Campus Center
14. - Maureen Stapleton Theatre
15. HUD - Hudson Hall
16. MCD - McDonough Sports Complex
17. - Conway Ice Arena
18. - McDonough Field House
19. EGP - Electric Generating Plant
20. LSB - LaPan Services Building

21. SCB - Stadium Classroom Building
22. - Joseph L. Bruno Stadium
23. - Softball Field
24. - Tennis Courts
25. - Outdoor Athletic Complex
26. - Practice Field
27. WIL - Williams Hall
28. CGN - Cogan Hall
29. DCC - Day Care Center
30. - Student Pavilion

31. JRD - 400 Jordan Road
32. ALB175 - 175 Central Ave., Albany
33. TECSMT - TECSMART, Malta

Emergency Call Box
Handicapped Parking



80 Vandenberg Ave., Troy, NY 12180
877-325-HVCC, www.hvcc.edu



80 Vandenburg Avenue
Troy, New York 12180-6096

"Lori's style of Zumba is very easy to follow."
Zumba with Lori Hallenbeck

"I very much enjoyed taking this class! It is something I have wanted to do for many years. Jennifer is a wonderful instructor!"
Discover Sign Language with Ed2go

"The course is excellent. Just enough information and the assignments were extremely helpful. They pointed you in the right direction for learning more through research and hands-on learning."
Introduction to Interior Design with Ed2go

"Hollan is very motivating and always gives alternatives to all exercises. I see a change in myself from her class."
Core Camp with Hollan Bonjukian

"I learned how to pass my driver's test, as well as figure out driving in places I'm not used to, like busy cities and small, difficult roads."
Driver Education with John Ferrucci

"Victor is very knowledgeable and presents the class in a fun way."
Notary Public Review with Victor Bujanow

"Ellen is an excellent and positive instructor who provides individual attention and care."
Intermediate Pilates with Ellen Ehrlich

"I loved the course; so happy I signed up for it."
Tour the World with Food with Sarah Diamond

"This class took me from a fear of riding to a level of confidence and excitement to ride."
Motorcycle Basic Rider Course